[00038] Having thus set forth the nature of the invention, what is claimed herein is:

- 1. A surgical retractor comprising:
  - a rack having a proximal and distal portion;
- a first arm connected to a first location on the rack having an end spaced from the first location defining a length therebetween;

a second arm having a housing for slidably engaging a portion of the rack and an end spaced from the housing defining a length therebetween, said second arm selectively positionable on the rack intermediate the proximal and distal portions, said second arm having a continuously curved segment intermediate the housing and the end; and

said housing having an adjustment mechanism for allowing the positioning of the housing relative to the rack at a desired location and the at least temporary fixation of the housing at the desired location.

- 2. The surgical retractor of claim 1 wherein the continuously curved segment of the second arm spans the length of the second arm.
- 3. The surgical retractor of claim 2 wherein the continuously curved segment has a constant rate of curvature.
- 4. The surgical retractor of claim 1 wherein the continuously curved segment is concavely oriented toward the first arm.

- 5. The surgical retractor of claim 1 wherein the first and second arm are at least substantially coplanar.
- 6. The surgical retractor of claim 5 wherein the rack is substantially coplanar with the first and second arms.
- 7. The surgical retractor of claim 1 wherein the first arm further comprises a housing for slidably engaging a portion of the rack and an end spaced from the housing defining a length therebetween, said first arm selectively positionable on the rack intermediate the proximal end and distal end, said first arm having a continuously curved segment intermediate the housing and the end; and

said housing having an adjustment mechanism for allowing the positioning of the housing relative to the rack at a desired location and the at least temporary fixation of the housing at the desired location on the rack.

- 8. The surgical retractor of claim 7 wherein the continuously curved segment of the first arms is concavely oriented relative to the second arm.
- 9. The surgical retractor of claim 1 wherein the continuously curved segment extends at least substantially the length of the second arm.

- 10. The surgical retractor of claim 1 wherein the continuously curved segment extends at least one third of the length of the second arm.
- 11. The surgical retractor of claim 10 wherein the continuously curved segment extends at least one half of the length of the second arm.
- 12. The surgical retractor of claim 1 wherein the first arm has a continuously curved segment intermediate the first location and the end, said continuously curved segment extending at least one third of the length of the first arm.
- 13. The surgical retractor of claim 12 wherein the continuously curved segment of the first arm extends at least one half the length of the first arm.
- 14. The surgical retractor of claim 13 wherein the continuously curved segment extends at least substantially the length of the first arm.
- 15. A surgical retractor comprising:
  - a rack having a proximal and distal portion;
- a first arm connected to a first location on the rack having an end spaced from the first location defining a length therebetween, said first arm having a continuously curved segment intermediate the housing and the end extending at least one third of the length;

a second arm having a housing for slidably engaging a portion of the rack and an end spaced from the housing defining a length therebetween, said second arm selectively positionable on the rack intermediate the proximal and distal portions; and

said housing having an adjustment mechanism for allowing the positioning of the housing relative to the rack at a desired location and the at least temporary fixation of the housing at the desired location.

- 16. The surgical retractor of claim 15 wherein the continuously curved segment of the first arm extends at least one half the length of the first arm.
- 17. The surgical retractor of claim 16 wherein the continuously curved segment extends at least substantially the length of the first arm.
- 18. The surgical retractor of claim 15 wherein the second arm has a continuously curved segment extending at least one third of the length of the second arm.
- 19. The surgical retractor of claim 18 wherein the continuously curved segment of the second arm extends at least one half the length of the second arm.
- 20. The surgical retractor of claim 19 wherein the continuously curved segment of the second arm extends substantially the length of the second arm.